

Love it!

Television presenter Anthea Turner, 56, confesses her addiction to ice cream and her naughty crush on X Factor host Dermot O'Leary

FAVOURITE... TELEVISION SHOW?

I think *Gogglebox* is absolutely brilliant. They're not on it any more, but I did like that lovely posh couple [Steph and Dom]. The casting is just perfect – I love them all. I'm also addicted to box sets – I've just finished *Billions* and *Nashville*, and I download them on my iPad so I can watch them on the go.



BEAUTY TIP?

Stand up straight and smile – it's amazing what it does for your face. I've probably learnt that from having to cover lots of events when I haven't really felt like smiling. For the early morning presenting it would be, 'Have a coffee, stand up straight and smile' – I love a big-ass coffee!

CELEBRITY CRUSH?

Ooh, I think I'm a bit too old to be fancying people, aren't I? But Dermot O'Leary wears the best cut of suits – he should definitely win a prize for the best-dressed. And Rylan Clark-Neal has the best long legs.



FITNESS ESSENTIAL?

Good footwear. Sometimes you look at people and think, 'You are going to have such bad blisters.' Smart gym trainers may look fabulous in the gym, but not on a marathon-length walk.



HOLIDAY DESTINATION?

After doing the travel show *Wish You Were Here...?* for so many years, I always used to say my favourite holiday destination was home! Anyway, it's more about who you're with. I've been to some of the most beautiful places in the world, just with a film crew. But I do love Majorca and Ibiza.

CAREER HIGH?

The BBC show *Anthea Turner: Perfect Housewife*. I presented three series from 2006 to 2007, and it was so much fun to do. Helping someone tidy their home seemed like such a small thing, but we genuinely helped so many people change their lives.

GUILTY PLEASURE?

I love ice cream! My favourite is Ben & Jerry's Karamel Sutra Core – I tweeted about it the other day. It has a great big dollop of caramel in it – unbelievably gorgeous!



TV PRESENTER?

I thought the Olympic Games coverage was great this year – Clare Balding, in particular, did a really good job. I'm also a big fan of Rylan on *Big Brother's Bit On The Side*. He's one of those few people who just came into presenting like a breath of fresh air.

Anthea Turner is supporting Cancer Research UK's Shine, the Marathon Night Walk, in London on Saturday September 24. To enter, or volunteer on the night, visit shinewalk.org

Lauren Hill-Roger